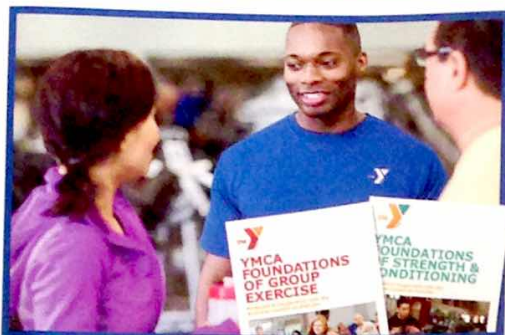


# WHAT'S TRENDING



## ACE TO EDUCATE YMCA OF THE USA STAFF

At ACE, we believe strategic partnerships with like-minded organizations will allow all of us to more effectively address the health of our nation. Beginning in 2016, YMCA professionals in more than 10,000 communities nationwide will be able to pursue education and training in Group Exercise and Strength and Conditioning created by ACE. That education, which will help professionals lead 22 million members nationwide, has been customized by Y-USA to complement the Y's method for conducting health and wellness classes.

**FIND OUT MORE AT [ACEFITNESS.ORG/YMCAPARTNERSHIP](http://ACEFITNESS.ORG/YMCAPARTNERSHIP).**

## START A WALKING GROUP IN YOUR COMMUNITY

The U.S. Surgeon General has identified physical inactivity as a critical public health issue, and by introducing Step It Up! The Surgeon General's Call to Action,

he has called on communities nationwide to change our sedentary culture. To support that commitment, ACE has created a free toolkit for professionals that is designed to help them create walking programs in their communities. Find out how you can organize a group near you and how you can serve as an advocate for more walkable communities with our free guide, *Walk the Talk!*

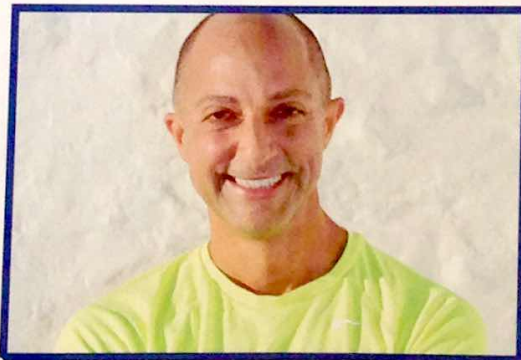
**DOWNLOAD OUR GUIDE AT [ACEFITNESS.ORG/WALKINGTOOLKIT](http://ACEFITNESS.ORG/WALKINGTOOLKIT).**



## HOW TO MAKE A POSITIVE IMPRESSION

Personal trainers and group fitness instructors often spend most of their time preparing for the middle "bulk" of classes and sessions, which may cause some to neglect the start and finish. ACE Certified Professional Lawrence Biscontini, MA, shares why recent research suggests the first and last 5 minutes can have the greatest impact.

**LEARN MORE AT [ACEFITNESS.ORG/INTROS](http://ACEFITNESS.ORG/INTROS).**



## KETTLEBELL COMPLEX FOR YOUR SESSIONS

Adding kettlebell training to your workout regimen provides a highly effective way to build strength, flexibility and power among your clients.

This full-body complex can be performed 2-3 times per week, with a minimum of 1 full day of rest between workouts. Get the most out of this workout by using a moderately weighted kettlebell and completing 5-8 single-arm repetitions per exercise.

**LEARN MORE AT [ACEFITNESS.ORG/METCONDITIONING](http://ACEFITNESS.ORG/METCONDITIONING).**

